

Case Study 6: Sciatica Pain

The Person & Complaint

- Male, aged 63.
- Started a year ago as was turning to put hose in container and got cramp up leg. Was stiff to move around and legs weren't working properly. Fell down the stairs at home a couple days later.
- Has a couple of bulging disks at L4/L5. Doctor has recommended to get back surgery but client doesn't want to get the surgery.
- GP has recommended Panadeine Forte at start and end of day, which client is taking. Chiropractor doesn't think the issue is structural so he has referred him to me.
- At 11 years old he had gout (kidney issue) and prolonged use of the medication means he cannot take anti-inflammatories now. He doesn't like taking painkillers unless he has to.
- Had kidney stones over a year ago.
- Has a fairly active job as a fitter.
- Pain at L4/L5, radiates down LHS in line with GB channel. Pain at the top of the iliac crest with pressure, appears to be a belt channel issue. Also pain in the top of left foot which appears to be gallbladder pain.
- Pain gets worse after being on feet at work, and then taking a break.

The Story & Emotions

- No obvious story at time of injury. Seems happy with wife, and doing work he does. Has good relationship with kids.
- Is a "nice guy", so likely some emotional suppression.

The Energetic System

- Issue with the Belt Channel, and Gall Bladder tension causing the pain.
- Underlying kidney issues given the childhood gout and more recent kidney stones.

Treatment – first session

- Treatment: Belt channel (Navel centre to GB41). Waves of tension and electricity. Still not open / connecting.

Treatment – second session

- Outcome since last session (two weeks ago): No pain when getting out of bed. Used to be very painful and take 10 mins to get out of bed. Did get pain in leg, but pain in top of foot (GB channel) gone. Only taking one painkiller per day this week instead of two. Better movement, even at the end of the day, no longer having to walk sideways on curved paths or on staircases. Able to walk mostly straight up and down, though does need to take stairs one

step at a time some times (e.g. one foot moves, the other foot meets the first foot etc).

- Treatment:
 - Belt channel (Navel centre to GB41). Waves of tension until started to open up, felt connected and was flipping back and forth between the two.
 - GB44 to GB43. Fine sharp wirey pain to begin with. Followed with deep ache and electric. Still tight at end of session.

Treatment – third session

- Outcome since last session (2 weeks ago): Still getting out of bed well in the morning. Gets pain at lunchtime, but pain moves faster after getting up than before. Also noticed can now lay on left hand side for a little while, where as before couldn't lay down on left hand side without immediate discomfort.
- Treatment:
 - Gallbladder organ front and back, until started to relax
 - GB44 to GB34 on LHS, both still tight and achy

Treatment – fourth session

- Outcome since last session (two weeks ago): Still good to get going in the morning. Only pain after been working a lot, and then sitting and, start to move again. Feels like a pin through LHS ankle. Soreness only in GB channel at hip, knee and ankle.
- Treatment:
 - Gall bladder organ front and back until felt starting to clear
 - Painful areas along leg (GB30, side of knee and side of leg) to encourage flow
 - GB44 to GB43 LHS, starting to clear but needs more work

Result / How it was resolved

Chronic sciatica and pain at L4/L5 eased so that client could reduce painkillers, had improved movement and had less pain after working.

Client Feedback

“My chiropractor recommended that I should try something different, to try and ease the pain I was suffering. I am so glad he recommended me to Caroline. My pain level has reduced, which makes simple day to day tasks easier.”